



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



Orienteering

Summer Evening Coaching in Prudhoe

For eight Wednesday evenings in May and June (18:30 onwards) we will be running a series of activities to teach/bolster the skills needs when out orienteering. As well as the coaching activity there will (also or additionally) be a short course of "orange" standard. After the run (c19:30), participants are invited to gather at a nearby hostelry to socialise and unwind.

Location: Normally within the Tyne Riverside Park at Prudhoe. Parking and reception in the car park by the café. (On two nights there will possibly be a different location).

Dress/Equipment: Come dressed for physical activity especially suitable footwear and bring compass etc..

Activities: The programme for the evenings is as follows:

Wednesday 6 th May	Pacing/Map Run
Wednesday 13 th May	Map Matching/Symbols
Wednesday 20 th May	Fine & Rough Bearings (Possibly at Slaley)
Wednesday 27 th May for ½ term)	Traffic Lights (possibly Go4O runs in afternoon)
Wednesday 3 rd June	Control Descriptions/Visualization
Wednesday 10 th June	Understanding Contours
Wednesday 17 th June	Relocation Exercises (Possibly at Low Prudhoe)
Wednesday 24 th June	Adventure Run



More details of each activity will be on our website
www.newcastleorienteering.org.uk
 or contact Patrick (07960 918163, patrickcsmyth@outlook.com)

